

Blueberry Sherbet



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



44 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh thawed
- ☐ 1 cup nonfat buttermilk fat-free
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 15 servings mint leaves fresh
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

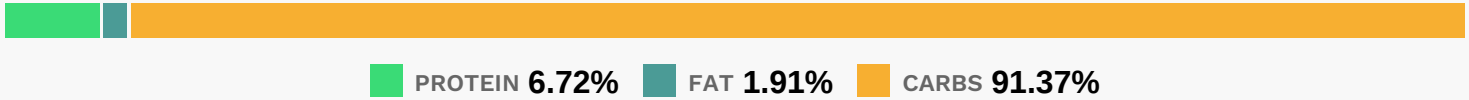
- ☐ frying pan

☐ blender

Directions

- ☐ Process first 5 ingredients in a blender until smooth.
- ☐ Pour into a 9-inch square pan; cover and freeze 4 hours or until firm.
- ☐ Process frozen mixture, in batches, in a blender until smooth. Cover and freeze 4 hours or until frozen.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:5.61, Inflammation Score:-1, Nutrition Score:0.96217392190643%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 44.21kcal (2.21%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 10.03g (3.65%), Sugar: 9.45g (10.5%), Cholesterol: 0.32mg (0.11%), Sodium: 15.11mg (0.66%), Alcohol: 0.05g (100%), Alcohol %: 0.13% (100%), Protein: 0.78g (1.56%), Manganese: 0.08mg (3.94%), Vitamin K: 3.81µg (3.63%), Vitamin C: 2.81mg (3.4%), Fiber: 0.56g (2.23%), Vitamin A: 53.2IU (1.06%)